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ABSTRACT

Prepared as a sequel to an earlier document, the booklet contains suggestions for parents in assisting young blind or visually handicapped children to grow and learn like other children. Among suggested activities are the following: teaching independence, learning spatial relationships, helping around the house, playing sorting games, learning to tell time, going to a nursery school, and talking about feelings. (SBH)

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A Sequel to Get A Wiggle On!

Move It!

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
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TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC) AND USERS OF THE ERIC SYSTEM."

This booklet has been prepared as a sequel to **Get A Wiggle On.**

It contains more suggestions that we hope will be helpful to you in assisting blind or visually handicapped children, early in their lives, to grow and learn like other children.

We want to emphasize again that blind children are more like than different from other children, but THEY ARE DIFFERENT.

Their five senses - touching, smelling, tasting, hearing, and whatever little bit of vision may remain - are the only avenues through which learning takes place. When one sense is absent or missing, the other senses do NOT suddenly get better. They must be developed by being used. Blind children must be taught to be curious, even more curious than sighted children! They must be talked to more, because through language they can **hear** about their world and respond to it themselves. They must be allowed to move so that they can **feel** their world, and interact with all the interesting people in it. This book is designed to help you help them gain all the experience and information they can during these crucial learning years.

The Authors,

Richard Drouillard
Sherry Raynor

CLEAR THE DECK !!!

4

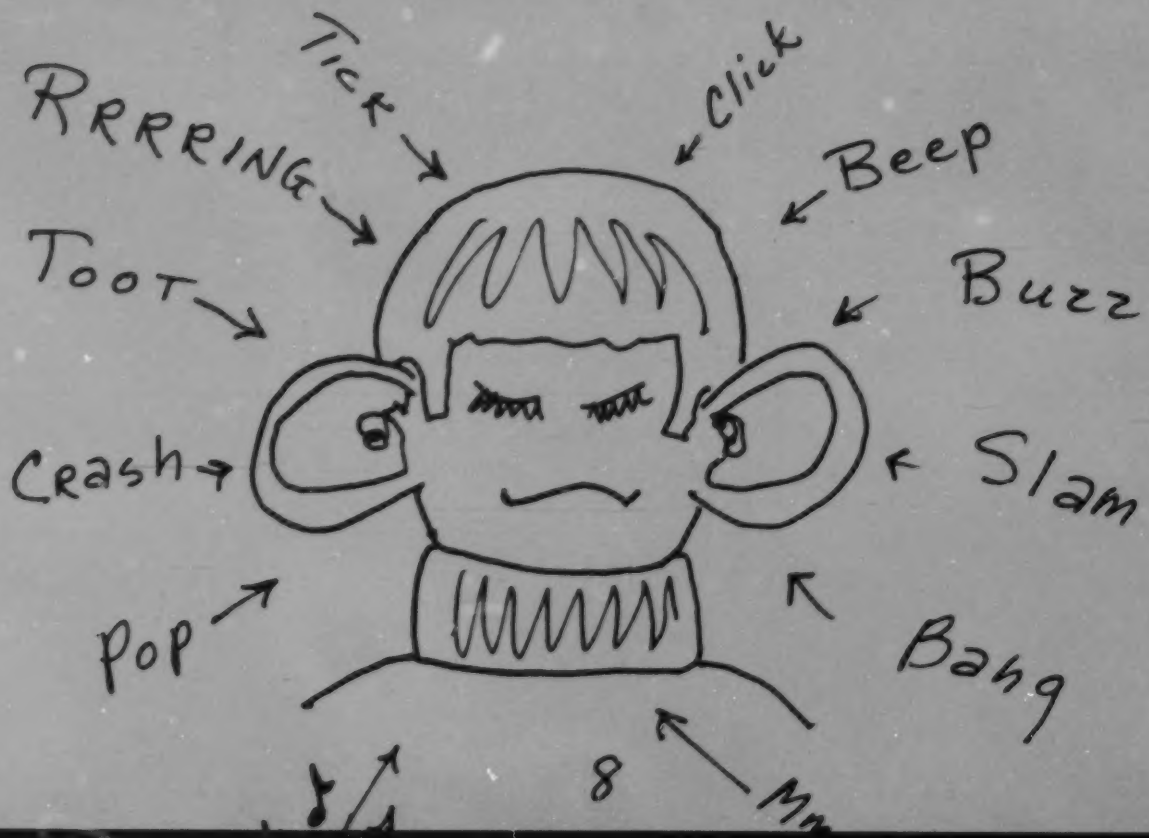
Teach me to be independent. It's one of the most important things I can learn. To do things by myself - to think for myself and begin to make my own decisions. How would **you** like to have to **always** wait for someone to do something with you or for you? How would **you** like to **always** be told what to do? I need your help, but - help me to do things for myself. Help me to decide for myself. Help me to learn to control my life. Put me in the driver's seat! But help me to steer, because sooner or later -

I'm gonna have to "do it on my own."

PURRRR PURR
BURN-O TOASTER
ASSIST
6

Ears are for hearing; teach me to hear. Tell me what the sounds are around the house – the water running, a leak in the roof, the teakettle steaming, branches scratching against the windows. The small sounds of a kitten purring, a letter dropping, dripping water. The strange sounds of aerosol spray, the toaster popping, the refrigerator running, the sewing machine whirring. When a lot of different sounds are going on at once, help me pick out the important ones for me to pay attention to.

The better to hear with.


RRRRING
Tick
Click
Beep
Toot
Buzz
Crash
Slam
Pop
Bang
8

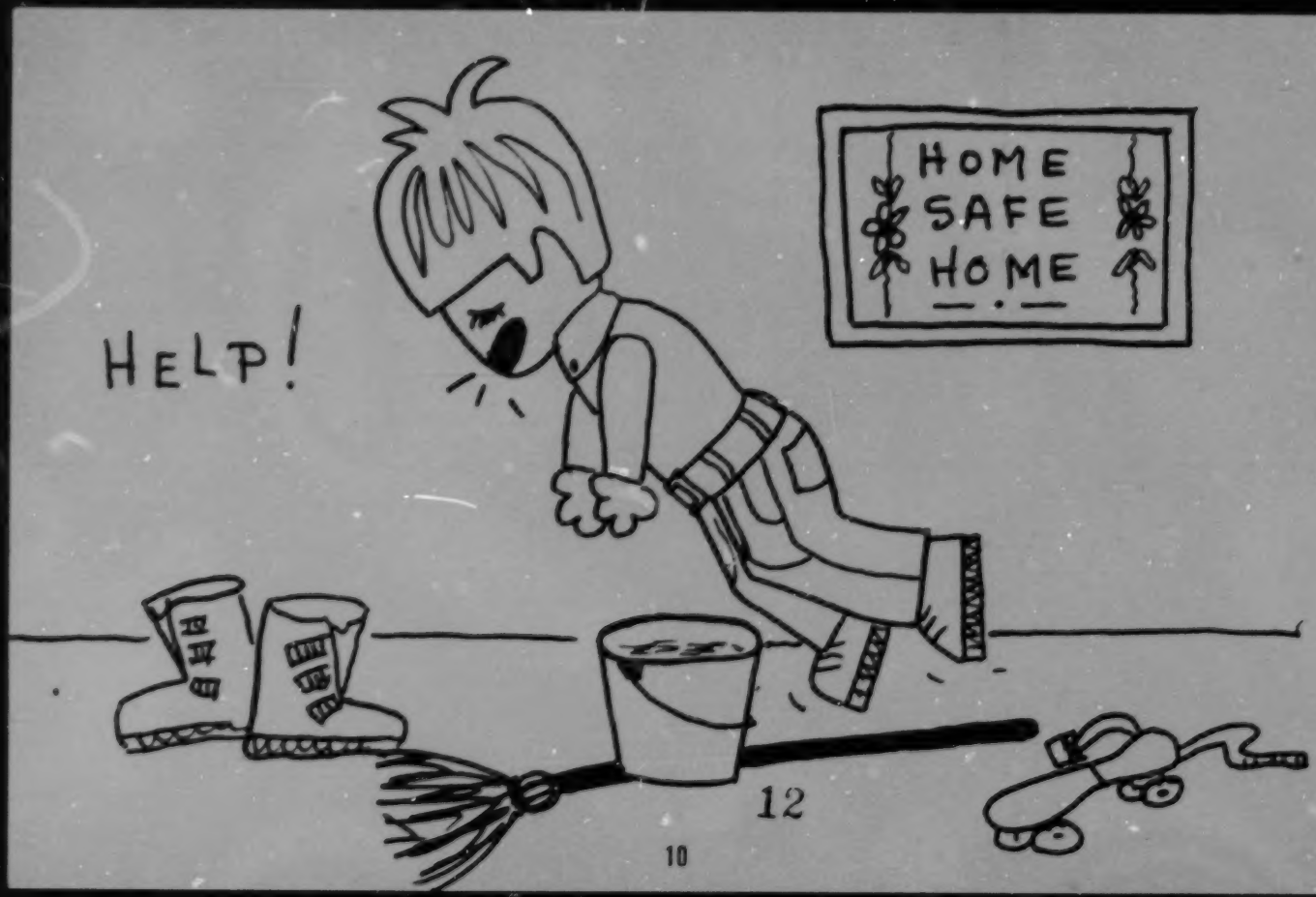
Teach me to listen carefully. See if I can tell when sounds are close or far away. Help me know which sounds are dangerous, which sounds I don't have to be afraid of. What's that ticking? Where is that noise coming from? Is the door open or closed? Learning to listen will help me to move about and travel well.

I need big ears.

?
108

Help me learn spatial relationships. Spatial what's?? These are some new words you need to know. It means that I need to learn where my body is in relationship to the things around me. How far away from me is the chair? Where is the lamp? Can I reach my glass without knocking it over? Make me aware of the things near me and have me find them. Give me directions so I can move and find my way to things that aren't near me.

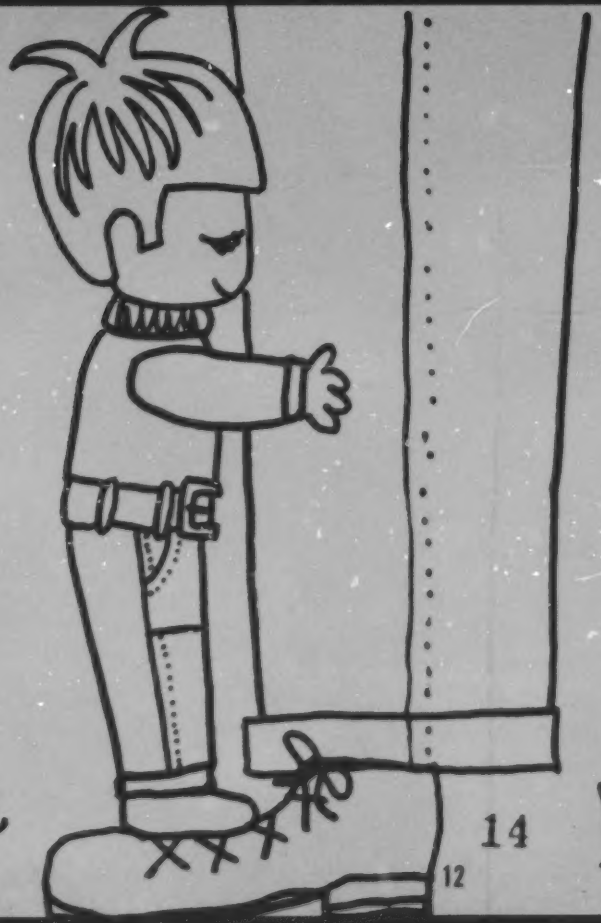
Where am I? Where are you? Where is it?


HELP!
HOME
SAFE
HOME
12

I can get around my house by myself – if I have clear pathways from room to room and things aren't left around on the floor for me to fall over. Help me gain confidence in moving around on my own by keeping the pathways clear. When I was rolling and creeping around the house, finding things on the floor kept me curious. Now it can come as a horrible shock when I trip over dad's galoshes.

And please, don't leave the mop bucket out! I need your help.

You're nice and helpful but I can't stay here



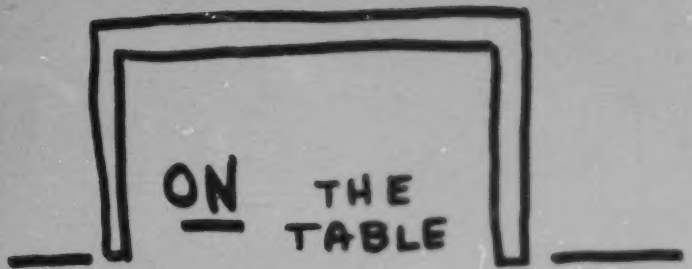
14

Forever!

I've got to stand on my own feet. Don't lead me around. Now that I'm moving, let me get there **on my own.** I need to know when to turn left and when to turn right. I need to trail* along the walls so I learn about the sizes and names of rooms. It will probably take me longer than if you took me, but I've got to begin practicing **now** for the times when you are busy. Because then I'll have to get there alone!

I gotta go my myself!

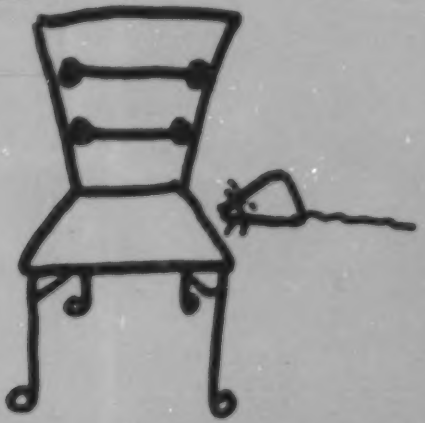
*Trail: follow the walls by lightly keeping the hand in touch with the wall while walking.



ON THE TABLE

IN THE SOUP

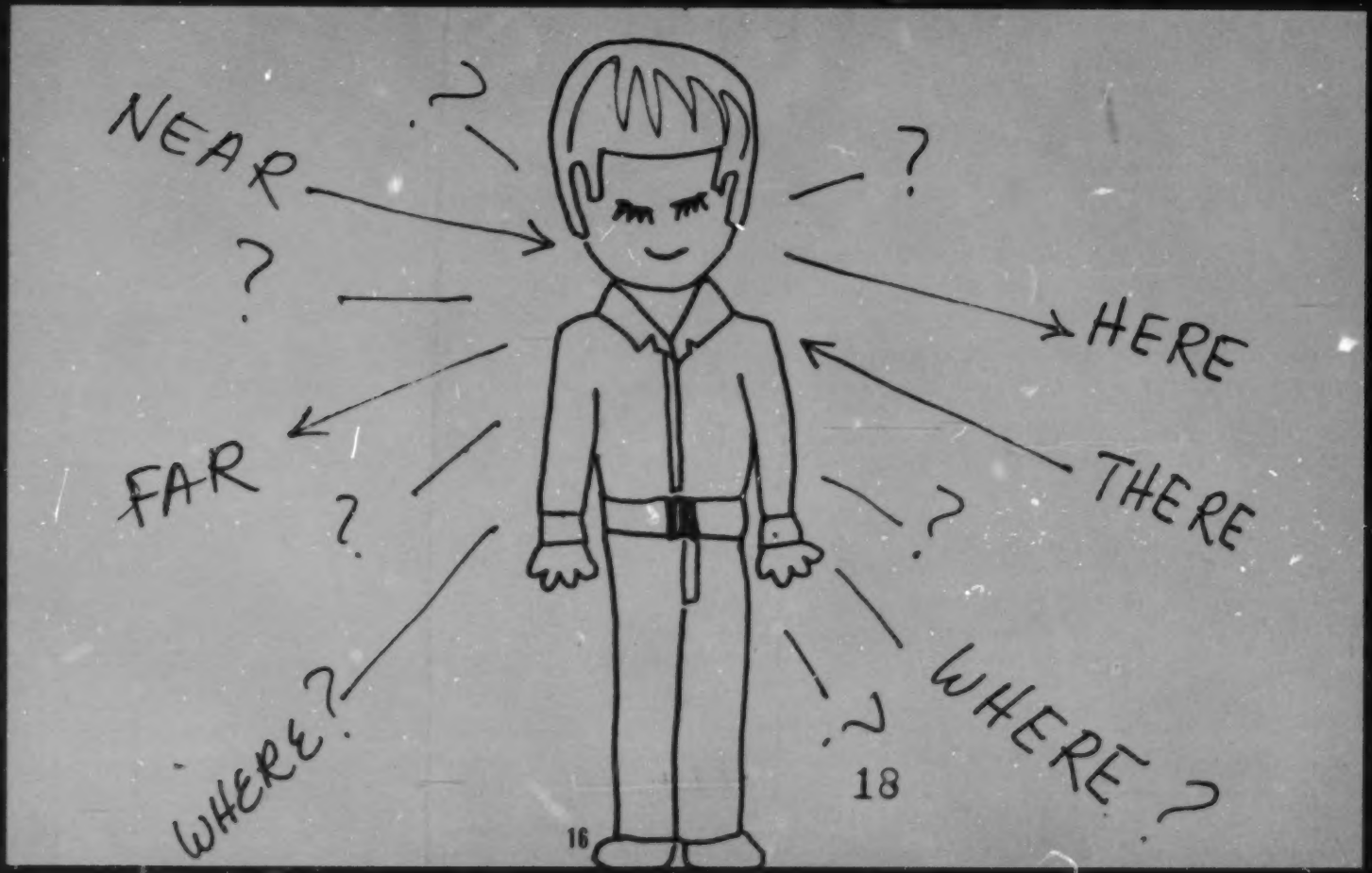
IN FRONT OF YOUR NOSE



BEHIND THE CHAIR

Get rid of "here" and "there." It's very hard for me to know where "here" and "there" are, since I can't see what you are talking about. Use words that really tell me where things are and where to go. "Put the book on the dining room table." "Come into the bedroom and help me put your toys away." **You** know what you mean, but please use words so **I'll** know what you mean. Keep it clear - or

I'll never get from here to there.


NEAR
?
?
?
HERE
FAR
?
THERE
?
?
WHERE?
WHERE?
18

Do you remember? I need to remember. I need to remember **so** many things. Where my room is, where I leave things, how far away from me things are, what I did yesterday. Since I can't see, I have to **learn** to remember and I've got to become even better at remembering than you, because I can't look around for what I've forgotten. Ask me questions about where things are to help give me practice in remembering. Tell me to go get things for you. Talk about what we did yesterday and what we are going to do tomorrow. Keep talking to me about what we have done in the past.

I remember that!

Left + Right = a trip to Granny's

RIGHt + righT = someplace else !!!

... cars on the street
... houses on the street
... things in the store
... colors
... distances
... next to, near

There's... a bush, a hedge, green, picky, tall, short, rough, pretty, et cetera!

Talk and talk and talk to me. I need to hear all the names of the things around me. Cupboards, lamps, and doorways. Don't be afraid to use a lot of words to describe things. I need to hear the action words that tell me what I'm doing, and the words that describe what you're seeing. I need to hear how words go together and learn how to use them. I understand many things even though I may not be putting all the words to use when I'm talking. Tell me when I'm kneeling, **jumping,** acting silly. Give me direction words. Go straight ahead. Stop. Turn left. Take five steps. Stop. Turn right.

BINGO!

22
20

Keep me with you while you do your chores. Talk to me and show me what you are doing when you fold the clothes, sweep the floors, dust, clean the refrigerator, or wash the windows. Let me touch and take part in what you are doing so I can begin to understand how to take care of things. Let me try to do it. You'll see that I need a lot of help and a lot of practice. It takes me longer to learn these things. Dusting the table may look easy to you - but that doesn't mean it will be easy for me. At least not in the beginning.

Let's do it over and over again.
Then I can do it - if you let me.

I can help you. Give me chores to do. I can set the table. I can carry my dirty dishes to the sink. I can even wash some dishes and put them away. Just be sure to tell me what each dish is and where it belongs. I need your help to know that all plates are not the same. What makes them different? Tell me. I don't want to be embarrassed or confused when someone asks for a plate and I give him a saucer.

Help me to know **all** about everyday things.

CAKE MIX
JAM

Tell me what you're cooking and let me help you. I can pop popcorn and roll cookies. I can pour the ingredients in the bowl after you've measured them. I can stir. Stirring is a hard job when you can't see to do it. Let me practice. I can make jello and I can mix Kool-Aid, lemonade, and orange juice. I can help you make the hamburgers - although at first I may not like the way they feel! What pans do you use? What are they for?

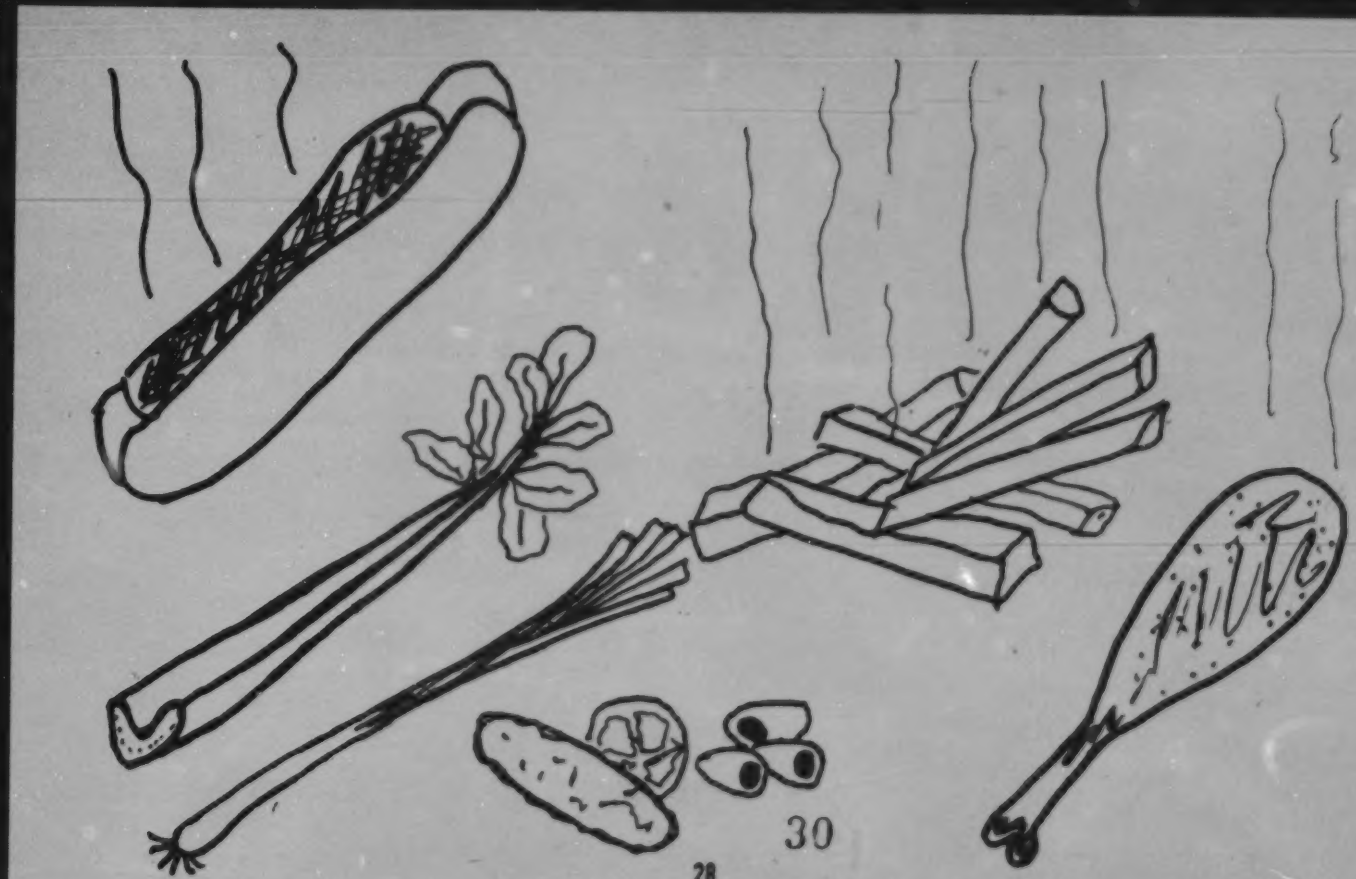
Rattle the pans and let's start cookin'!

GRANNY'S
SUPER
SOURS
aunt
sally's
sweeties
MUSTARD
SALT
EL
SHEIKO
CAT-
SUP

28

Tastes - smells - textures. Don't forget to tell me what I'm eating. Give me words for what I'm tasting. Pickles are sweet/sour. Jello is smooth and tastes like orange or lemon or lime. Meat isn't just meat, it's "pork chop" or "hamburger." Things we eat feel hard, soft, wobbly, or grainy. I won't know what these words mean if you don't use them all the time.

What does "wobbly" mean?


30

Let me eat things with my fingers. I will try more foods if I can eat them that way. Hot dogs and chicken, raw potatoes, and french fries. Corn and celery. Maybe even onions! Pickles and olives. They all feel so different - tell me what they are and encourage me to find out how they taste.

Finger foods are fun!

F
SUGAR

Let me play with messy things. I won't want to play with things like clay or Play-Doh if you don't let me get used to "yucky"-feeling things while I'm little. Let **me** feel the cookie dough and help pat out the cookies. Let **me** work with the pie crust and bread dough. Have **me** help make hamburgers and meat loaf. The first time I try I may hate it - so please take time to show me how to really get in and work with my hands. Don't quit. Keep encouraging me to get my hands into what you're working with. I've got to find out about all these things - even when I don't act as if I want to.

It's a mess - but keep me messing around.

34
32

I need to compare real things. Not just balls and cubes and toys, but everyday things. Help me find out that daddy's shoes are bigger than my shoes. I need to touch my chair to learn that it is smaller than yours or different from it. You are taller than I am. My doll buggy is lower than the baby's. Pans are different sizes. A big pan doesn't fit in a small pan, but a small pan fits in a big pan! One pan cover is too big, another cover is too small, but this cover fits this pan just right!

Compare things - and help me put it all together.

36

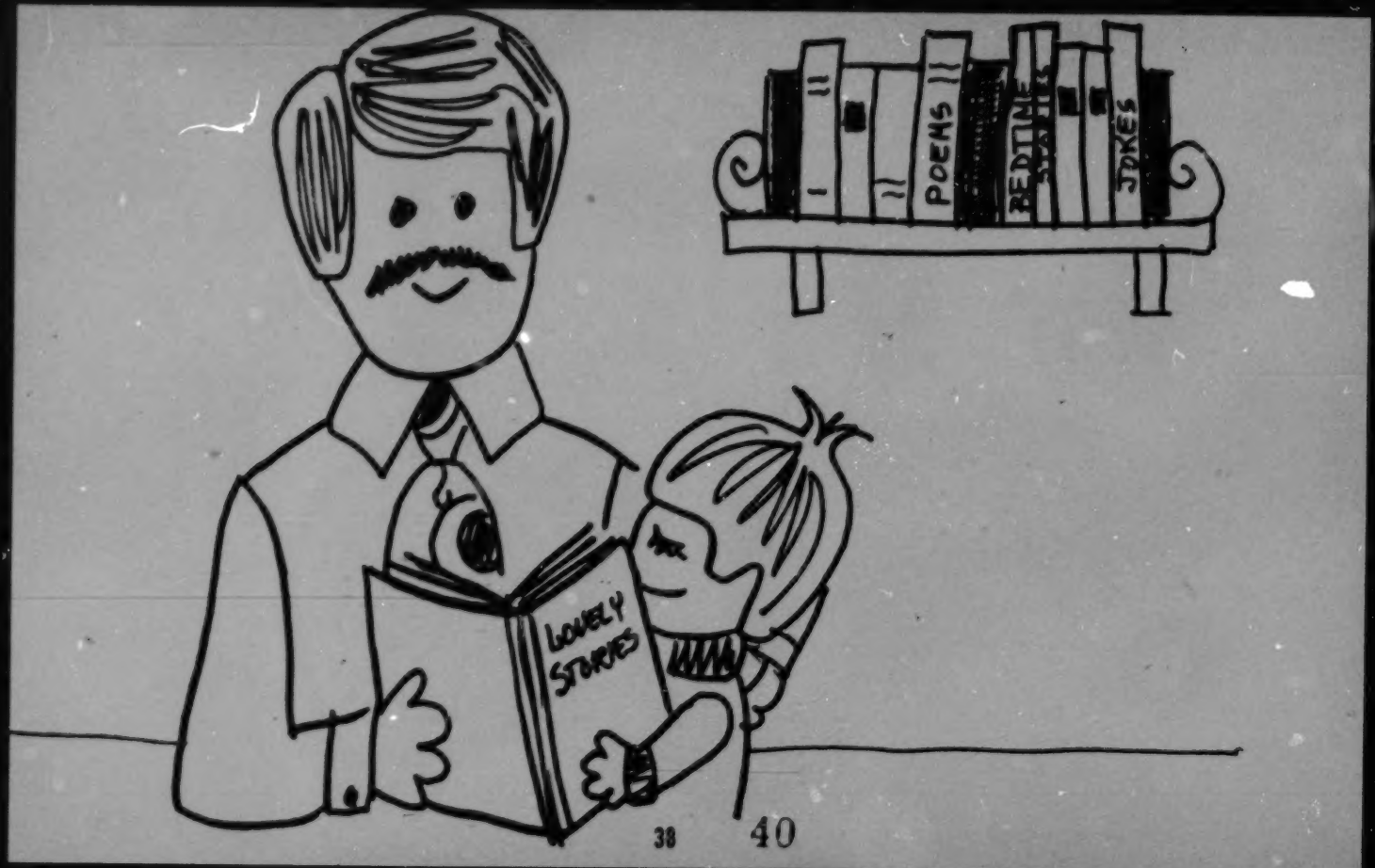
Play sorting games with me. Have me sort buttons, paper clips, jar lids. Then let me really help. Have me sort silverware and put it in the drawer. Have me sort towels and washcloths. I may not be able to fold them, but I can sort them and learn to put them away. Have me sort my socks from daddy's – his socks are **really** big!

Let's sort things out.

38

Read, read, read to me. *Nothing can take the place of your reading to me.* It gives me a close, warm feeling to be near you and have all your attention. I love to listen to all those words, and I'll learn them even if I don't understand them all at first. Reading out loud to me while I'm little helps me to learn that books are fun, and I'll learn to read one day, too. Reading opens doors for me that would remain closed otherwise. Get some of the books that have braille on onepage and print on the other so I can **feel** what I'll learn to read, just like other children **see** what they're going to read. Describe the pictures to me. Ask me questions about what you read, and answer mine. If you answer me, I'll get into the habit of asking the questions.

Reading is fun!


POEMS
BEDTIME
JOKES
LOVELY
STORIES

Read to me. Take some time **every** day to read to me. I may not understand everything you are reading, but I will like being close to you and I will listen. The more I listen, the more I will learn. If you notice words I don't understand, explain to me what they mean. But if you forget, keep reading anyhow. Nursery rhymes, poems, stories, children's magazines, jokes. The more I hear, the more I'll learn and gradually they'll start to make sense. Some stories are make-believe, some stories are true. Teach me which are which.

Read. Listen. Learn.

Sally's Store
SOAP
MUNCH CRUNCH
SOAP
GOODIES
THE PROPRIETOR
is
IN

Help me to pretend. Pretending is important. It gives me the chance to think about what I can be - what I can do. Play house with me and let me be the father or mother and you be the baby. Play store with me and use real food from the kitchen for groceries. Let me pretend to pay for them. Let me imagine I'm an animal and show me how to crawl like a turtle, walk like a bear.

Make-believe is fun.

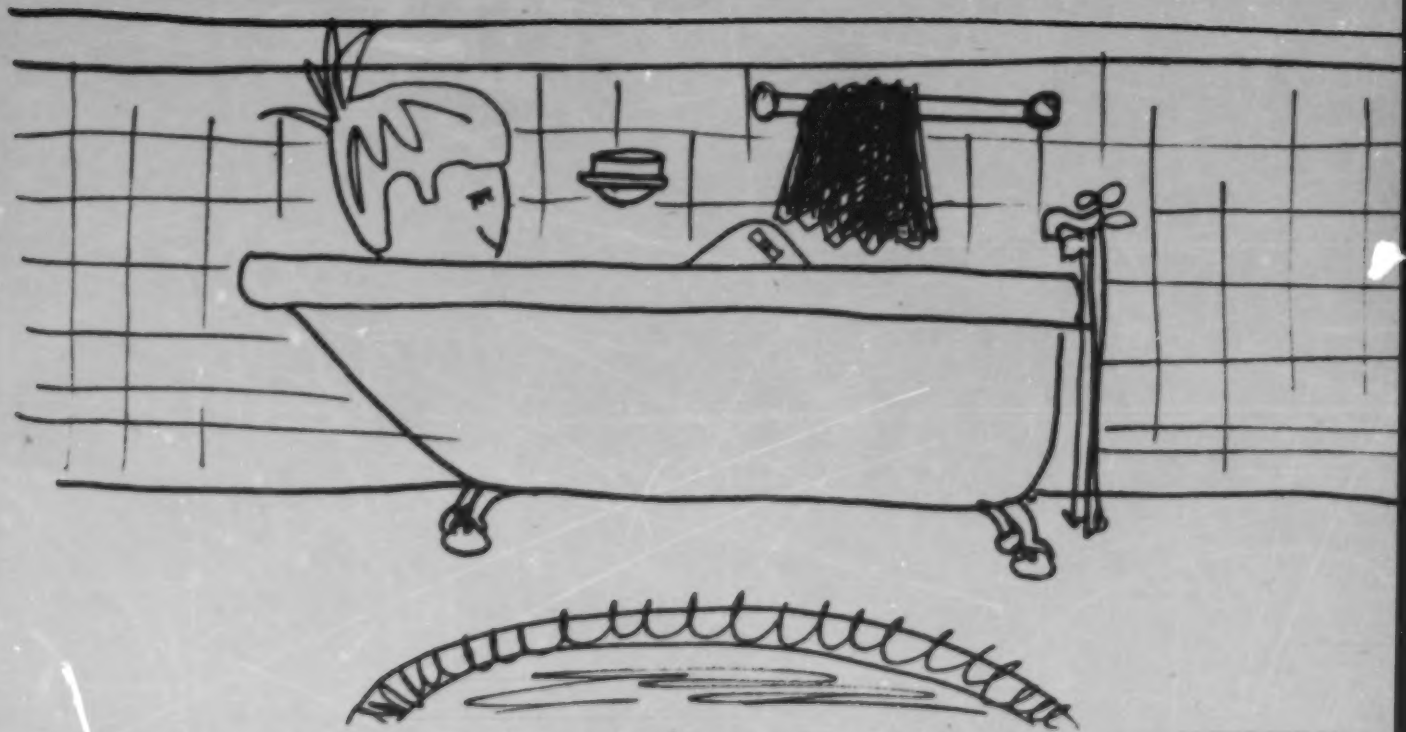
I need to learn to play by myself. I don't have to have someone with me all the time. I can find some of the toys I like to play with alone. Then, just leave me on my own for a while. I can glue things on paper by myself once I've learned to put my fingers in the paste. Sometimes, I may just want to sit and listen to stories on my record player. I learn many things by listening. But please check in from time to time so I know I'm not **really** alone. If I don't know how to play by myself, try to find something for me to do near you.

Teach me to enjoy doing things by myself.

STUFF
SHAPES
TEXTURES
NUMBERS
BUTTONS
STICKS
SUPER JUNK
JUNKY
STUFFY
PASTE
GLUE
CLOTH

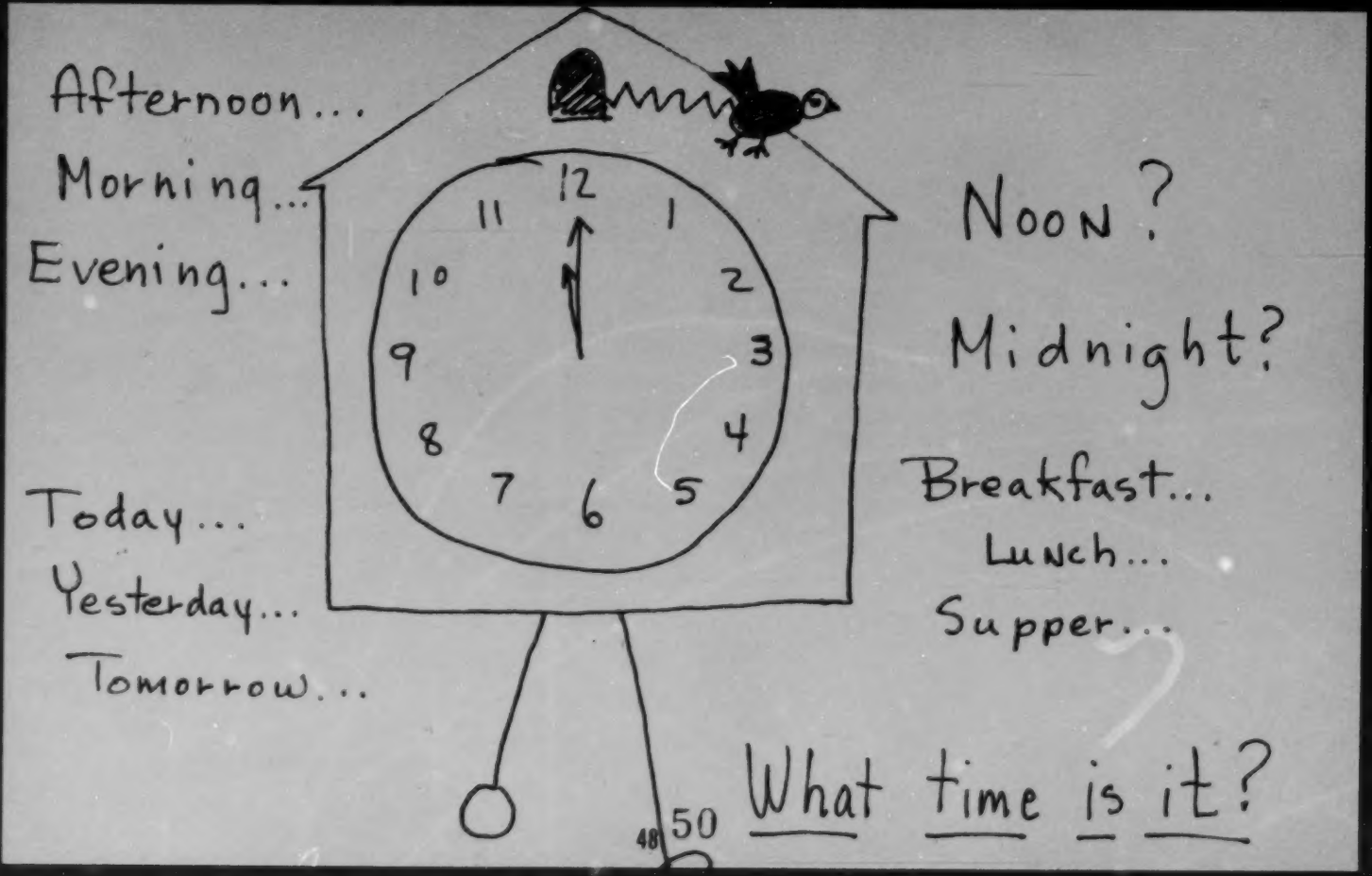
I like to make scrapbooks. I can cut cloth scraps (with your help) and glue them down. This way, I'll learn to identify many fabric textures and you can help me learn their names. I can glue pieces of paper and make a number book. I can make a scrapbook of pieces of wood, cork, plastic, flat buttons, toothpicks, popsicle sticks. There are so many things for me to learn about.

What else can I make a scrapbook of?



When I was little, you had to dress me. Now that I'm bigger, I need to learn to dress myself, so let me do as much as I can. Remember that taking clothes off is easier for me than putting them on. Since I like bath time, you can encourage me to undress myself to get ready for the tub. I probably will need help in getting my shirt and belt off, but I can do most of the rest myself - if you take my hands and show me how. Later, we can start on the hard stuff, like putting my clothes back **on.**

Take it off! Take it off!
Put it on! Put it on!

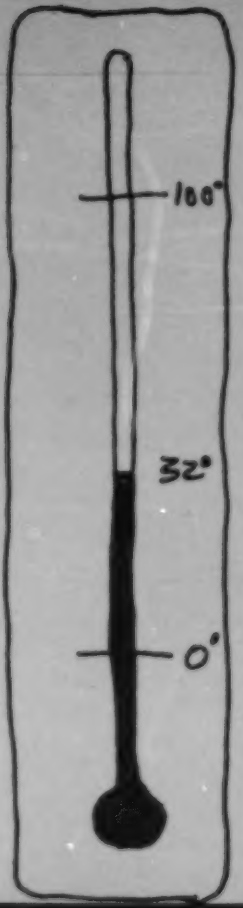

Afternoon...
Morning...
Evening...
Today...
Yesterday...
Tomorrow...
12
1
2
3
4
5
6
7
8
9
10
11
Noon?
Midnight?
Breakfast...
Lunch...
Supper...
What time is it?
48
50

I need to know what time it is. Not just the exact time, such as 4:00, but morning, noon, and night. Give me clues about what things happen at those times. Lunch at noon, bed at night. Daddy comes home in the afternoon. Janie goes to school in the morning. Tell me how you use the timer when you're cooking. Set the timer. Yesterday - what's yesterday? Oh, yesterday was when we went to the drug store. Yesterday. Tomorrow, what's tomorrow? Why, it's when we wait and plan for!

Your time is my time.

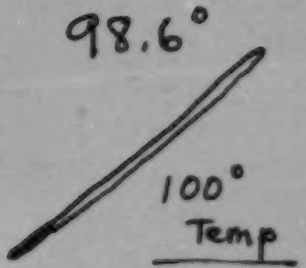
TEMPERATURE

Wind Chill Factor



Hot

Cold



Fahrenheit

Celsius

0°

32°

52

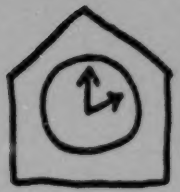
50

Mild - Cool - Pleasant

What's a temperature? 90°? It's hot outside. 2° below? It's cold outside. Sometimes I have a temperature and you say I feel hot. But you also tell me the stove is hot and it will burn me. If the stove is cold, food won't cook. But if I'm cold, you tell me to put a sweater on. Temperatures are very confusing! Get a thermometer. Each day tell me what the temperature is outside. Talk to me about hot and cold. Temperature - Hot - Cold. I need a lot of help with these words.

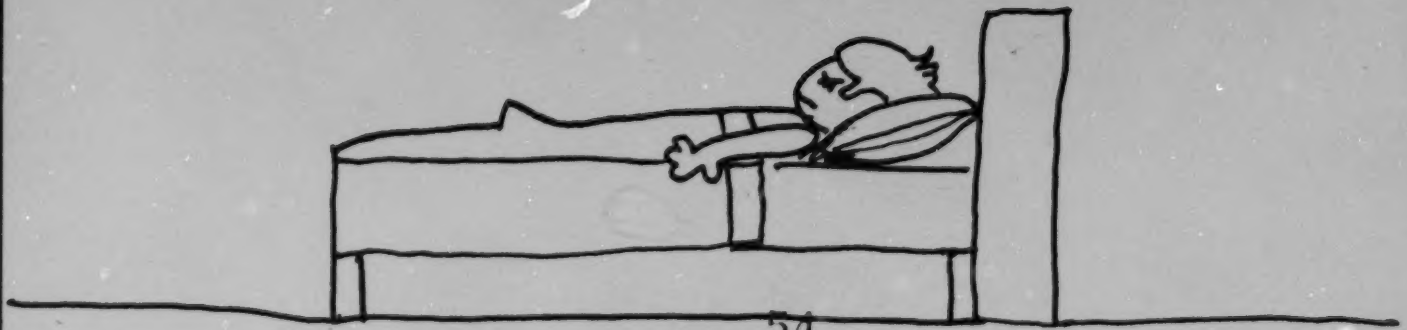
Who's "hot under the collar"?

UP 'N
AT 'EM



NAPPIE
BYE

NITEY...
NITE



54

Have a regular daily schedule for me. It will help me feel secure if I know what's coming next. Don't make it **too** strict but have meal times, nap time, outdoor time on some kind of schedule so I'll know there is a regular time to do things **and** a regular time to go to bed. This will give some order to my day. It will also help me learn about the time of day before I have to start learning to tell time.

I gotta be a "regular" kid.

HELLO, HELLO...
DIAL 0
Police - Fire - Mom!
HELP!
SEND HELP!
GOOD BYE.

Help me to use the telephone. Teach me to answer it correctly when it rings. I can learn to say, "Jones residence, Bobby talking,", and call someone to the phone. I should be able to hang it up, too. In case there should be an emergency some time, teach me my name, address, and phone number. Show me how to dial "0" and ask the operator for help.

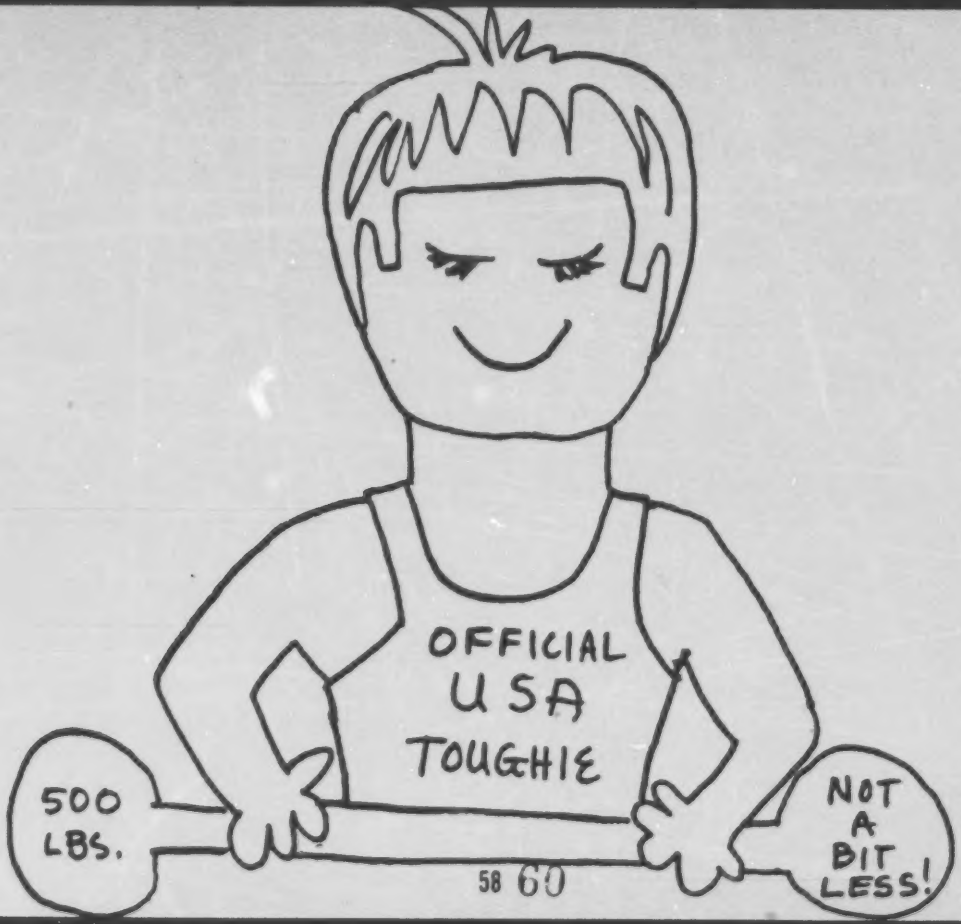
This could be a life-saver!

ROCK
A
BYE

Help
me
Learn
about
LIFE!

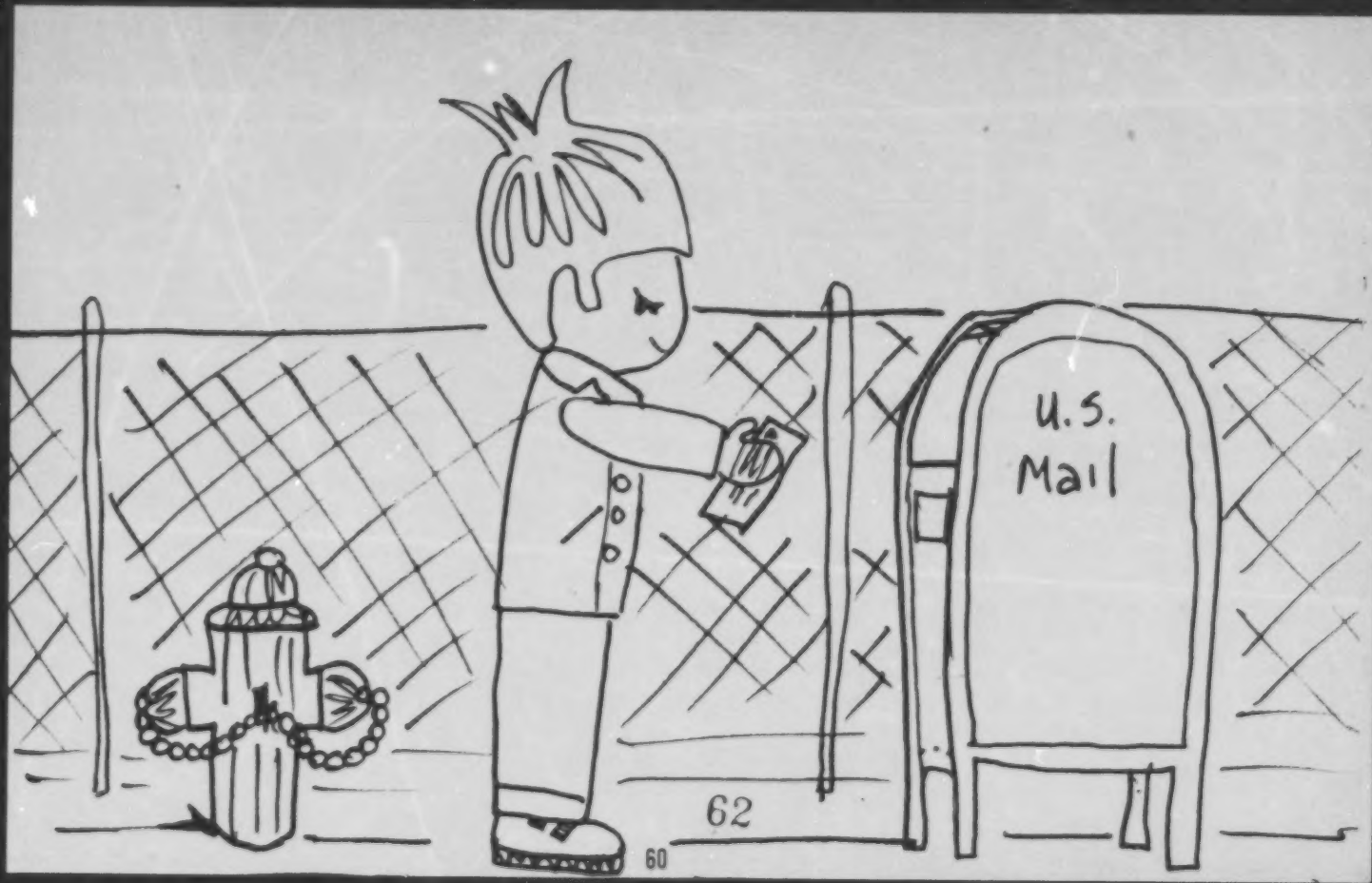
What are babies? When there is a small baby around, let me touch it and hold it, too. I can help the baby hold its bottle. I can run and get a diaper or lie on the floor and play with the baby. I can learn to be gentle. I can rock the baby back and forth in its cradle and I can help you push the baby buggy. I like helping with babies.

Keep me a part of the family.


OFFICIAL
USA
TOUGHIE
500
LBS.
NOT
A
BIT
LESS!

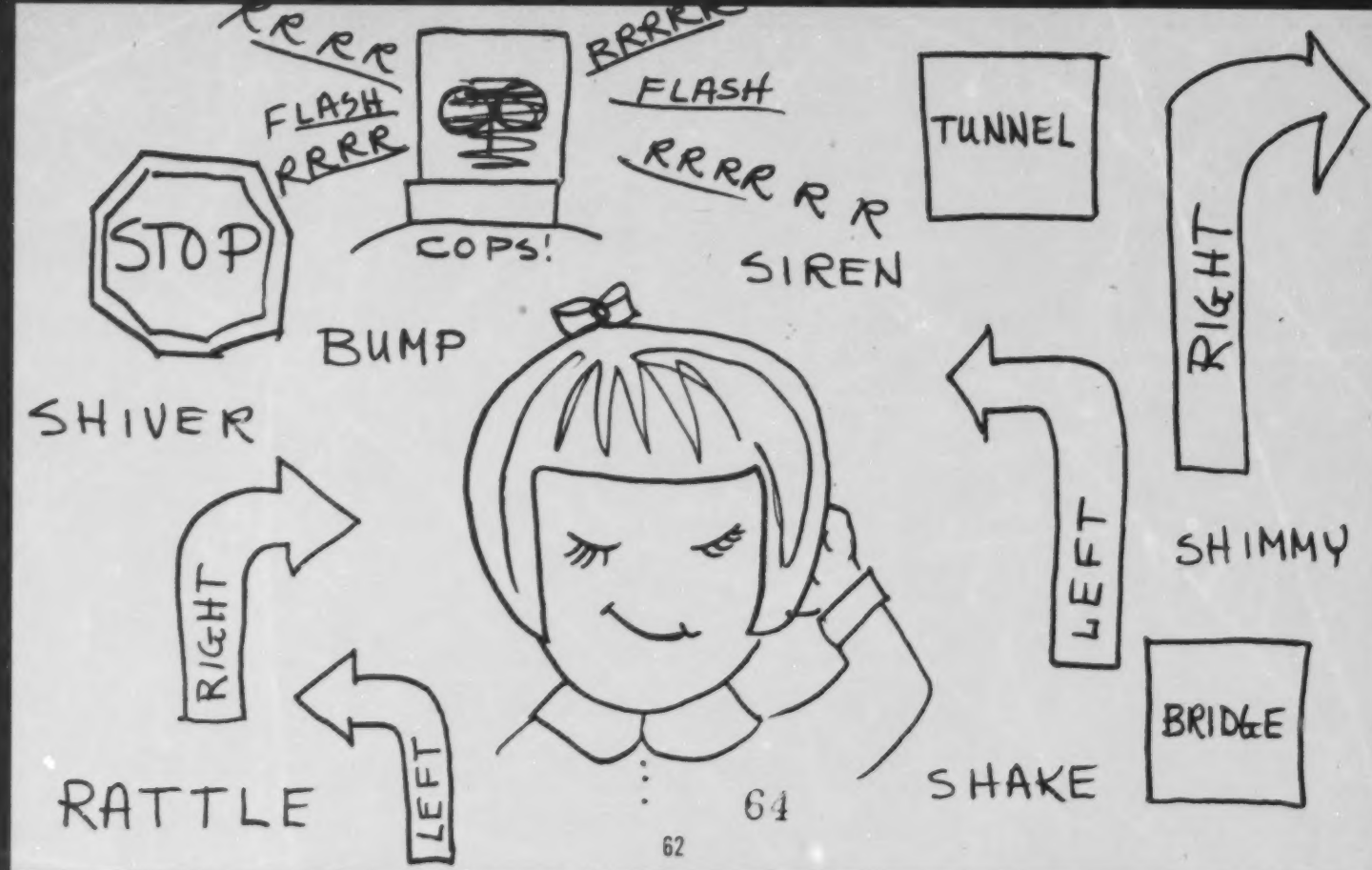
I want to be strong. Help me to develop my strength. Give me things to carry, push, and pull. Shovels to dig with, balls to throw. Let me climb up jungle gyms and hang from the trapeze. Let me push the merry-go-round, push someone on the swing, pull the wagon, and push a loaded wheelbarrow. Is there a tree to be climbed? Let **me** climb it. Let me hang by my hands from a limb. Give me a chance to use all my muscles.

I gotta learn to carry my own weight - and use it.


U.S.
Mail
62

Look for me! Look around for places and things that I can explore. You might not think it is terribly interesting, but I **really** like finding out all about mailboxes, fire hydrants, fences, escalators, and elevators. In the elevator, if you will tell when I'm going up and when I'm coming down, soon **I'll** be able to tell the difference! I want to know how tall buildings are and how far up elevators can take you. Show me how to step onto escalators so I won't slip and fall.

The whole world is an adventure!


RRRR
FLASH
RRRR
COPS!
BRRRR
FLASH
RRRR R R
SIREN
TUNNEL
RIGHT
STOP
BUMP
SHIVER
LEFT
SHIMMY
RIGHT
BRIDGE
LEFT
RATTLE
SHAKE
64

When I'm riding in the car with you, talk to me. Tell me what the sounds I'm hearing are and what those funny feelings mean. I can tell when we are driving on gravel, cement, and sand roads - with your help. Tell me when we make a right or left turn, go over a bridge, or head into a tunnel. All these things feel or sound different. If the window is down, tell me what I'm smelling. Smoke, city smells, fish, donuts, oil - all these smells help me to know more about where we are.

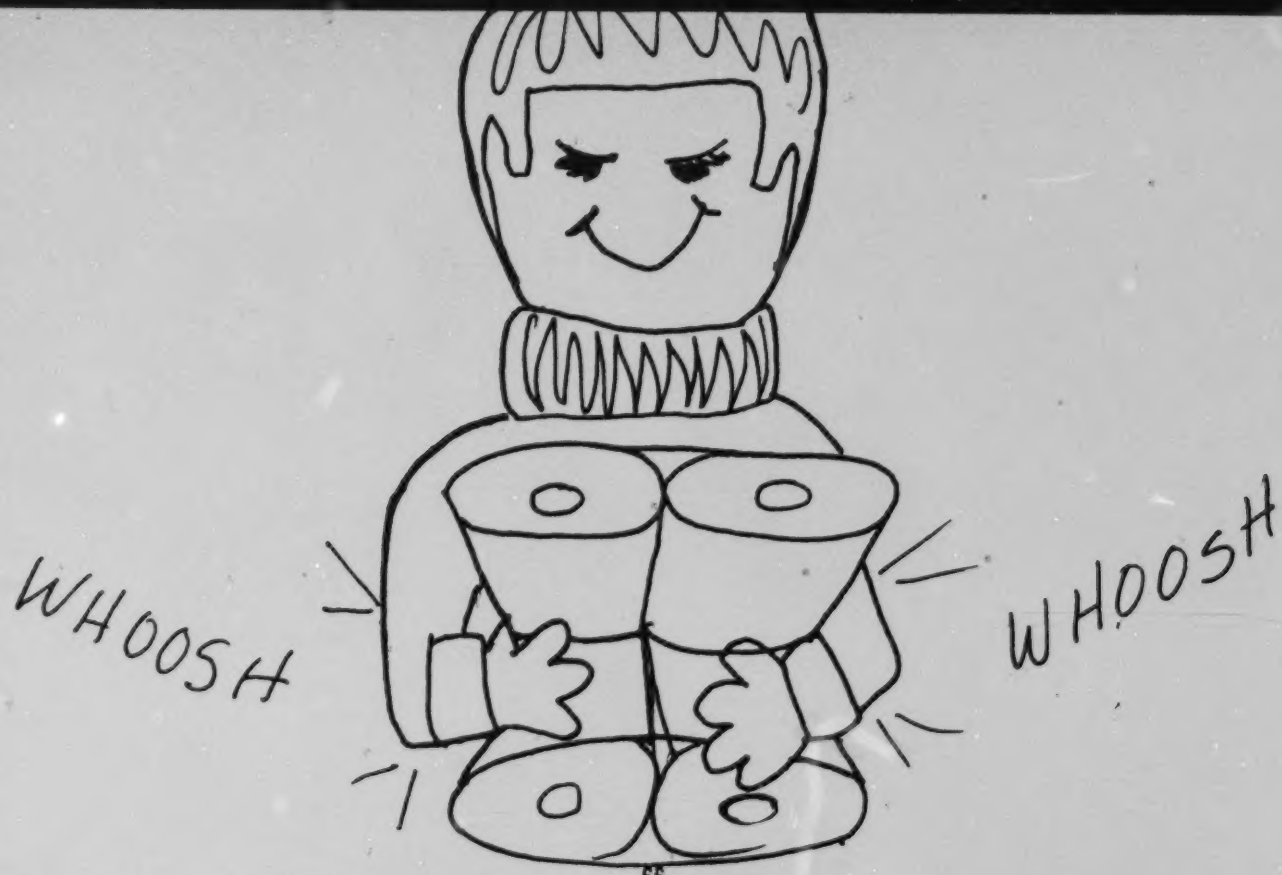
Tune me in.

TO
WS
LS
HAPPY O's
HAPP O's
APPY O's
JUICY JUICE
JUI JUI
JUI JUI
SALT
SALT
SALT
S O U P !
FLOUR
POP

54

Take me to all the stores with you. I know you can do your shopping more quickly without me, but I need to know what stores are, and all the kinds of things you find in them. I need to touch and smell things. Tell me their names. Let me help you carry what you are buying. Now that I'm walking, I can even get some things off the shelf. Help me find them. If they're too high, lift me up so I can know how high the shelves really are. I can learn only when I'm in touch.

I wanna go where you go and learn to do what you do.


WHOOSH
WHOOSH

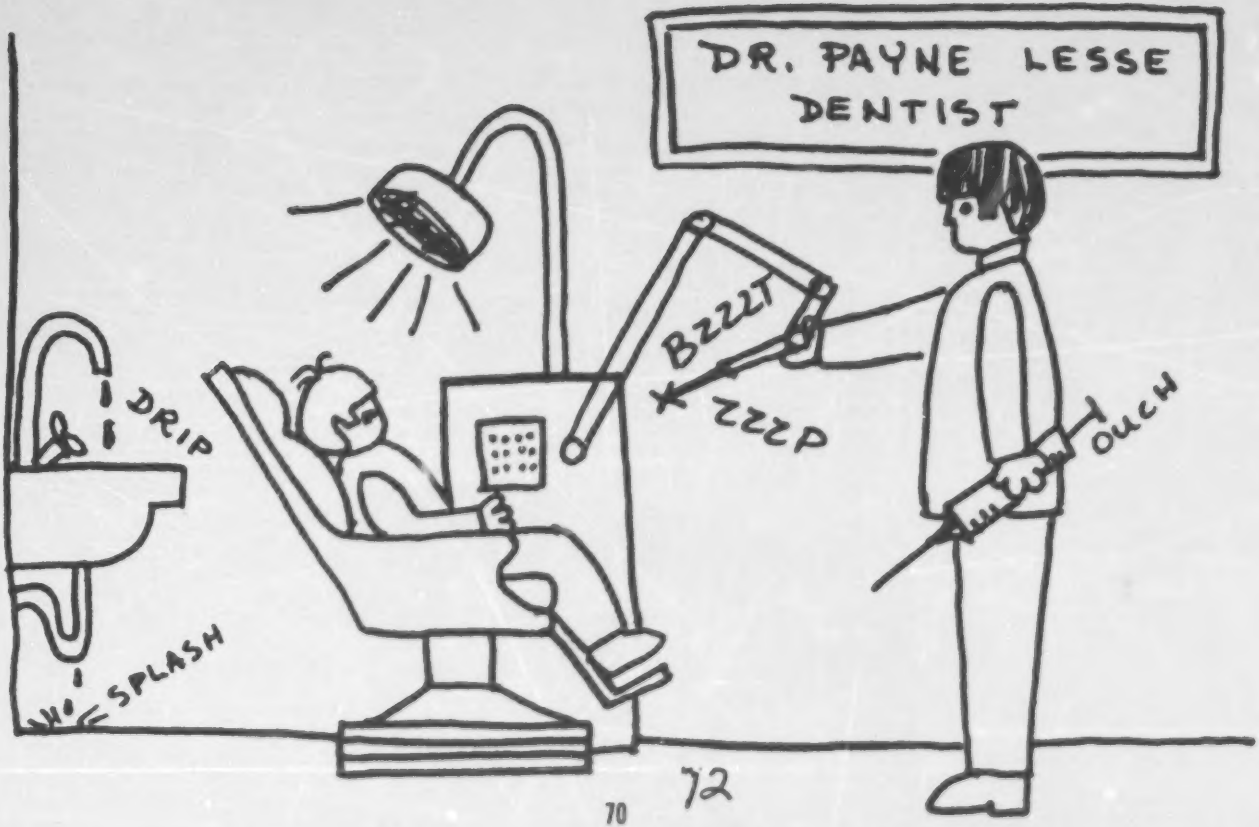
I'm not a basket baby. Now that I'm walking well on my own, don't put me in the shopping basket when you go to the supermarket. Have me walk beside you so I begin to understand that there is an order to the way stores are laid out. Let **me** sniff and smell and move toward the meat, the frozen foods, the bread. **Talk** to me about the things I am touching and smelling - tell me how they are alike or different. And let's do it **every** week, not just once in a while.

I must squeeze the Charmin!

whose Mother
dresses her
funny?

Don't buy my shoes and clothes without me. Take me with you and let **me** try them on. If my shoes are too big or too small, I won't be very interested in walking in them. The way they feel is important. Talk to me, tell me about them. Are they brown or black? Do they have rubber or leather soles and heels? Do they lace? Buckle? Tie? Snap? And... what is a shirt? What is an undershirt? You have to tell me and show me the difference.

I don't want to be a funny-looking kid.



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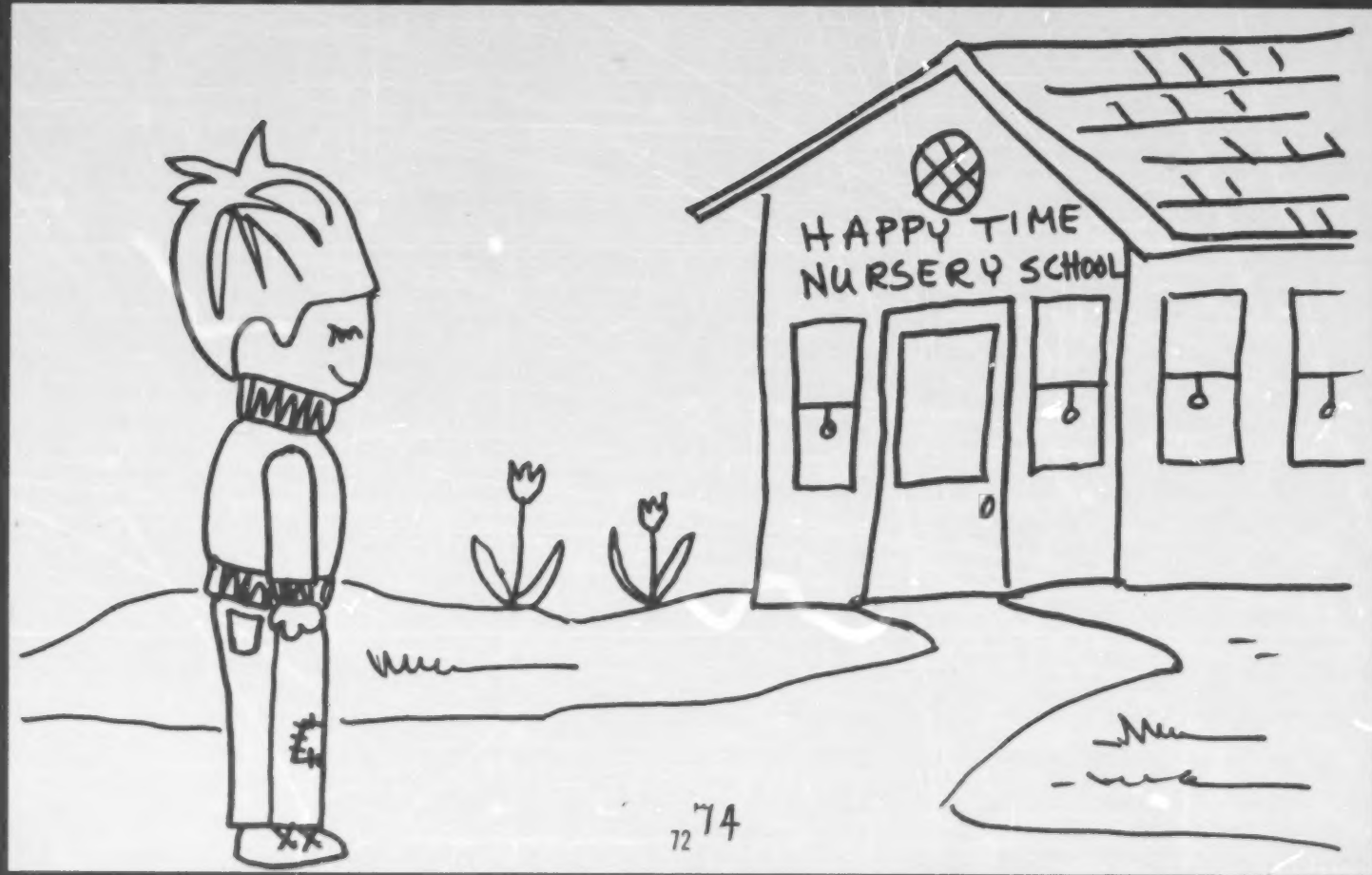
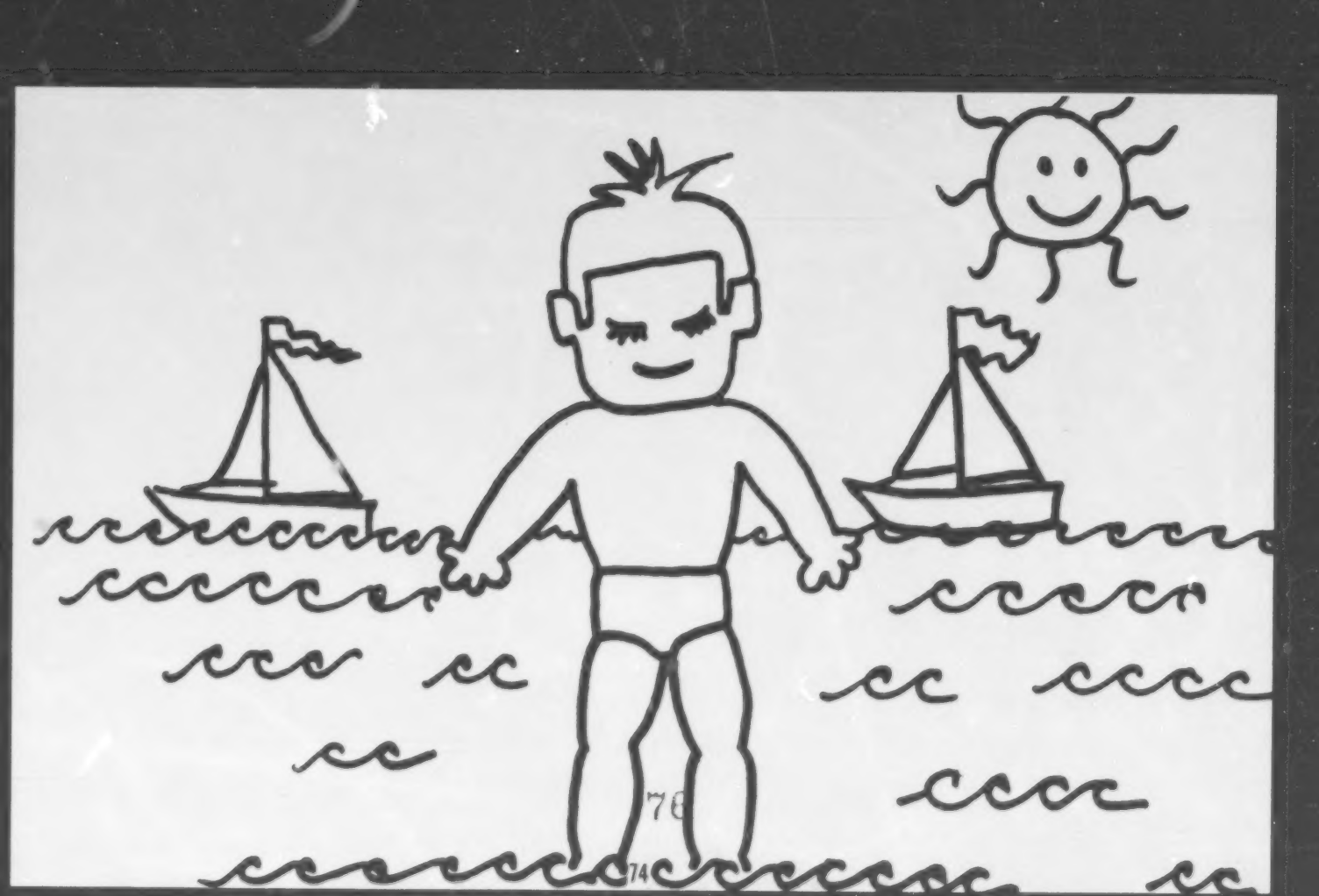
Take me with you to the doctor and to the dentist. Let me get to know the people there and what they do. Their offices smell different and feel different from the rest of the world. The people there usually speak quietly. Sometimes there are no noises that I understand, just strange-sounding machines that whir and buzz and hum. So I need to know what goes on there and why. Have the doctor or nurse show me the instruments. Let me listen to my heartbeat, have me lie on the examining table, and let me ride up and down on the chairs. The more I know about things, the less afraid I'll be when I have to go - or have my first appointment.

If I don't know what to expect, I may be **scared** stiff!


HAPPY TIME
NURSERY SCHOOL

Let me go to nursery school. If there is a Head Start Program or nursery school in the neighborhood, take me to visit it. Then talk with the teacher and see if I can join the class. She may not know how to include me in the activities of the other children. Maybe you can offer some suggestions to make it easier for her. Many schools have special helpers for kids with special needs. Call your school district and find out what kinds of help they may have for me.

I'd **love** to go to school with other children.



Take me to the beach and let me go in the water. You can even encourage me to go in alone. Watch me carefully, but I need to be unafraid and to try it on my own. Help me build sand castles, dig wells, and pour sand. Let me pick up rocks and drop them into the water, listen to the splash, and pick them up again. Help me find sea shells and tell me **all** you know about them. Are there really big sea shells you can listen to? I want to run along the beach. It's a good place to run free. The sound and feel of the water on one side of me and the dry sand on my other side give me clues that help me move freely.

Let me try beach bumming!

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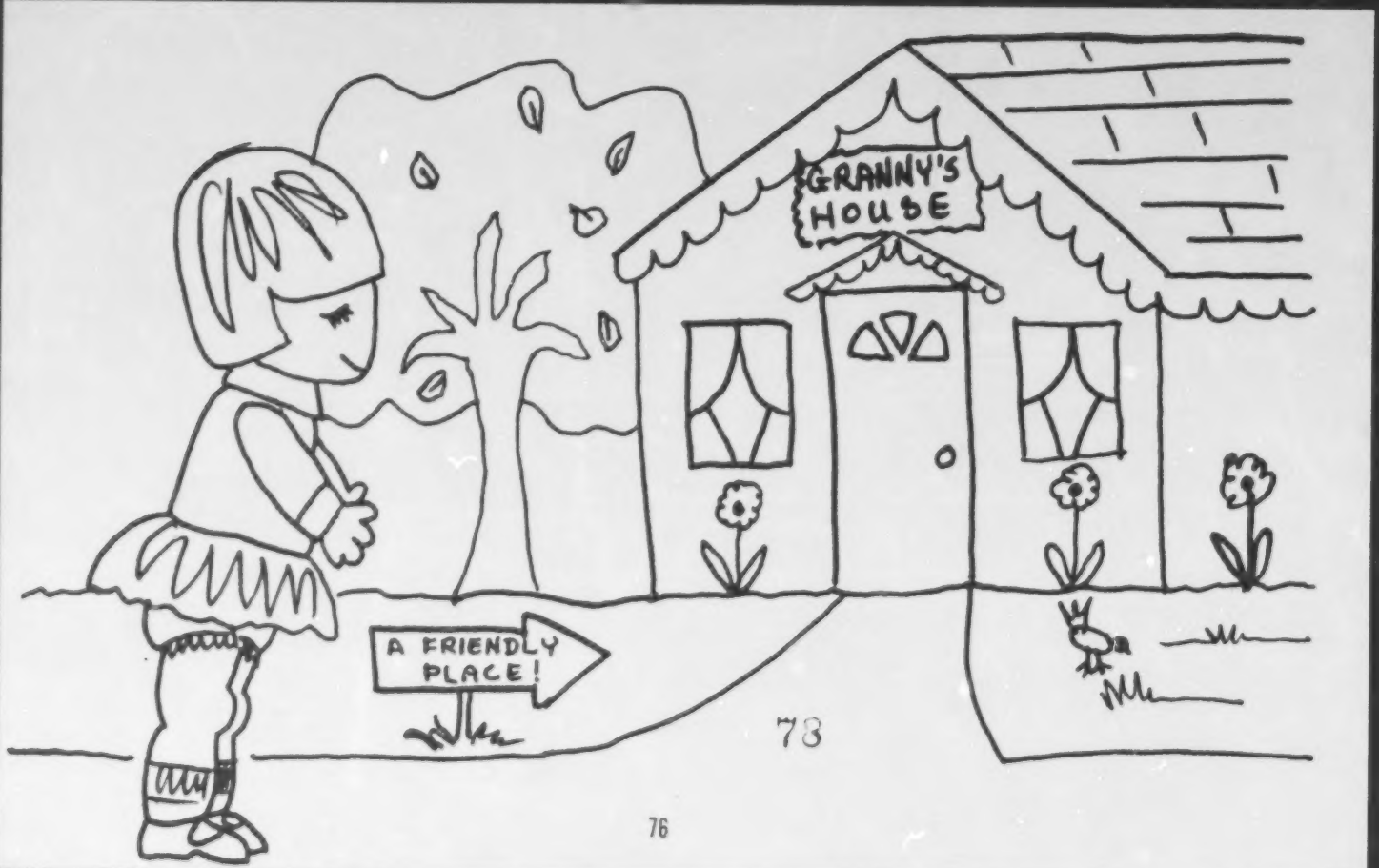

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Help me to learn that I'm safe with others. Let me stay overnight with a friend or relative. If I'm never away from you, I may be terribly afraid you'll never come back even if you have to go off for an emergency. Or, what if I have to go to the hospital and you have to leave me? Let me know that I can go away and come back. Let me know that you can go away and come back, too, and nothing terrible will happen. Help me to learn I can depend on you, and on others - and on myself.

Feeling secure is great.

Let's
go
play
by
ourselves

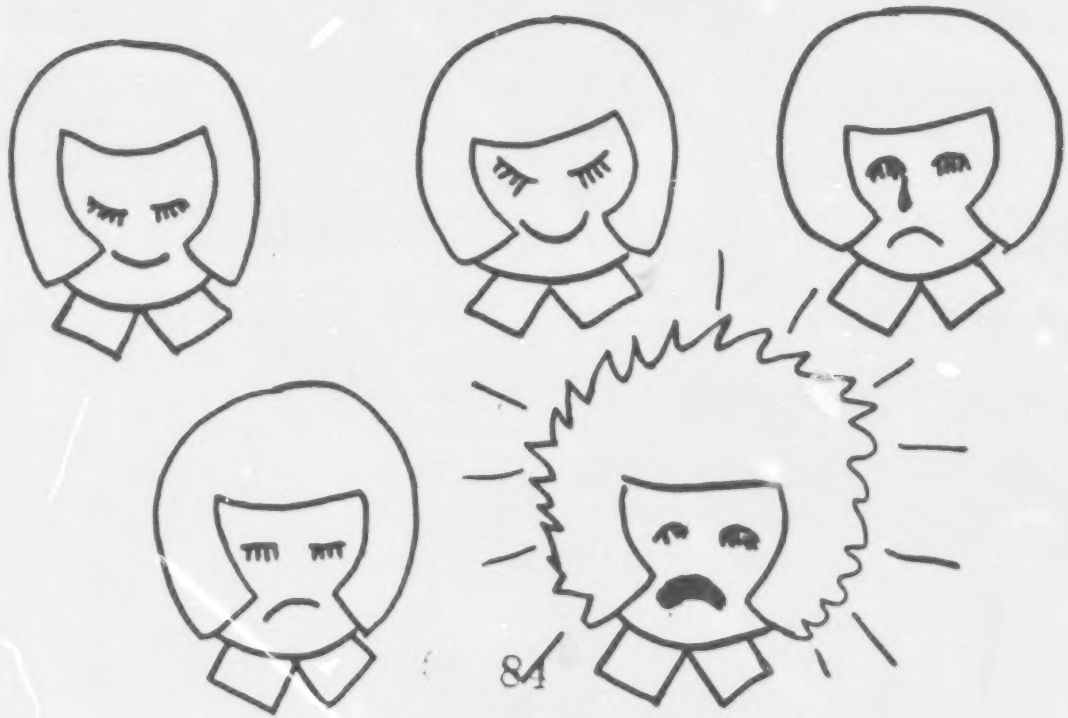
Let me go with others, too. I'm a big kid now. The other kids play in one another's yard without their parents. **They** go to the store on the corner to buy pop and candy. Sometimes they go to the park with only one older child to look after them. If I've learned how to play with others in my own yard without your always being with me, then I'm ready for a little more freedom. Let me be one of the gang.

I want to do what **they** do.

Come in....
Come in.... Share my party....
HAPPY BIRTHDAY

I'm a birthday kid. Make me aware of the time when my birthday comes. Let me have birthday parties. Let me help plan my birthday party. Not with just the family - I want to invite the other kids. Let's play pin-the-tail-on-the-donkey and have a peanut race. I like these games because I can play them, too. I can blow out the candles on my cake and I LOVE presents. When one of my friends or anyone else in the family has a birthday, I would like to go with you to help buy the present. I can help wrap it too!

If I'm a twin, don't forget to let **my** friends come, too!
Remember, birthdays are important!



I have feelings. Talk to me about my feelings. I need your help sometimes to understand them. If everyone is always nice to me, I will have difficulty understanding what "angry," "jealous," "hurt," "happy," and "sad" mean. Sometimes you may have to give me the words so I'll know. Teach me how to say, "I feel angry." Tell me when I'm acting happy, feeling sad.

If you don't, I may feel like exploding!

It's real
and
it's
part
of
me!

86

Don't ignore my blindness. You can talk about my blindness in front of me. I will begin to know anyway that you're aware of things that I'm not. I may be unable to understand the difference, but very early I'll begin to know that learning about things is different for me. Although you teach me to listen to footsteps and tell by their sound who's coming, one day I'll notice that you know who it is before a person gets out of the car! When I ask questions about being blind, explain to me as best you can. Help me to understand.

I gotta SEE what it means.

PLEASE STEP
UPON ~~ASIDE~~
signed, the King!
83
86

Help me live each day. Don't worry about all the problems that might arise. Take care of each one as it comes up. Encourage me to try new things. Let me know I'm an important member of the family. Give me things to do alone, but also make sure I do lots of things with the family. Be proud of me and what I can do. Care enough to teach me the things I can't do.

Make me a part of the family.

TODAY
IS
only one
of the days
of
the rest of
my LIFE...
make it a full one.

STOP
TO
SMELL
A
FLOWER....

Don't excuse my unacceptable behavior. When I'm behaving like a brat, put your foot down. Just like any child, I can become accustomed to doing only as I want. I can very easily become a little dictator and expect everyone to pay attention to me. I'll even expect them to stop doing what they want or need to do just to take care of **my** needs. But stop and think: would you do this for me if I could see OK? **Should** you do it for me? Or should I be treated the same as my brother or sister? Don't show favoritism - I'm part of the **family.**

No excuses, please.

Most of all, keep loving me. There may be lots of things that you'll forget to do. There may be lots of things that other people will say you should have done. But, this is what is important - love me a lot, think about me a lot. Love me as a real person. Think about what I need to learn. Think about what I might be when I grow up. Help me, but don't do things for me that I can do for myself.

Mother me - don't smother me.

I must be ready
if
I
really can expect
to
"Move It"

"Doings things" all the time is what counts! It's not enough for me to do things once or twice. I need to go to the grocery regularly so that I can remember. I need to go to the hardware store, the milk store every time you go. I need to go outdoors every day. Now, before I go to school, you can plan activities, take me along, and do things with me. You can talk and explain things to me **all the time.** Once school starts, other kinds of learning will take place for me and you and I won't have much time together. Do everything you can **now** - I am growing fast and soon it will be too late. **Now** is our big time together - and now is when I can learn more than I ever will again.

Don't forget: NOW IS OUR BIG TIME TOGETHER! !